

Canadian Aviation

THE RAPID DEVELOPMENT in aviation since the beginning of the war has awakened the interest of people everywhere in the possibilities for the use of the airplane. As the plans for the air routes of the future are discussed it becomes increasingly apparent that Canadians have yet another natural asset in the skies above us. Early in the war it was found that the shortest air route between this continent and Britain was via Canada, and as a result the R.A.F. Ferry Command, now known as the R.A.F. Transport Command, established headquarters in the East. From an unknown point large numbers of airplanes, manufactured in Canada and the United States, are flown to Britain with great success. A beginning has also been made in transporting airborne freight over this route and there is little doubt but that passenger and freight traffic will continue to use this skyway after the war.

Canada Is On Direct Routes

The unique position of Winnipeg and Edmonton in the air routes of the future has been pointed out many times. Air navigators have shown that these cities lie on the most direct lines between this continent and Russia, China, and India, the routes crossing the Arctic circle. The importance of all this now, and in the future is clearly apparent to all Canadians, and there has already been considerable discussion here as to the utilization of these airways after the war. The great development which has already taken place in connection with the building of the Alaskan Highway, and the opening of large air fields at Edmonton and beyond, is paving the way for the use of that route for peacetime purposes in the years to come. Other great air fields, developed in the Dominion for other uses at the time, no doubt prove of value in civil aviation after the war, as the air traffic received by thousands of Canadian young men in the Air Force.

Light Planes Are Designed

As a result of recent scientific discoveries, in the realm of fuels, plastics and light metals, aircraft engineers are now designing 'planes capable of flying from this continent to Europe and back non-stop, and carrying loads of twenty tons. These 'planes will be four times the size of the famous 'clippers' which pioneered in the opening up of transoceanic commercial air service. It is likely that after the war there will also be a demand for small, highly efficient, low-cost passenger 'planes and it is possible that present factories now used for producing aircraft for use in the war, may be turned to making light airplanes for civilian use. Tens of thousands of young Canadians have been trained for flying and our country is dotted with excellent air fields. There is also much possibility for use of the airplane in developing the great resources of the Canadian North, and it is likely that many Canadian fliers who are now fighting in distant theatres of war, will take part in the future expansion of our North country. In all these ways it is clear that the airplane is going to play an important part in post-war events in Canada.



FISH

Meal planning is a necessity today. To obtain the required amount of efficient protein you should have portions of rationed meat 4 or 5 times a week and substitute a food containing efficient protein for the other 2 or 3 days. Fish is one of the foods you can use interchangeably with meat as a source of protein without affecting materially the nutritive value of your diet. Salt water fish is valuable in your diet for the iodine content. Salmon, halibut, cod, are rich in vitamins A, D and G.

The locality and season influence the price of fish, so if you are not too far from where the fish are caught, you should buy fish every week when it is in season. In fresh fish the eyes should be full and bright, the gills red, the fish firm and elastic and there should be no disagreeable odour. Fish may be preserved by one of several methods or a combination of two or more, e.g. freezing, salting, pickling, smoking and canning. You probably have noticed that fish is so much more expensive than it is due to the fact that there is no connective tissue, as there is in meat. As a result you only cook fish to develop a flavour and change the texture. These facts should always be kept in mind when cooking fish, as prolonged cooking dries out the fish and spoils the flavour—10 minutes per pound is sufficient.

You should cook fish several different ways to add a variety to your menu. Fillets and small fish may be broiled or pan-broiled in oil or fat and basted during the cooking to prevent the fish drying out. Fish could be cooked with bread crumbs and egg or corn meal and fried in fat at a high temperature to prevent the fat soaking into the fish. Larger size fish may be stuffed and baked in a moderate oven, basting with melted fat, or salt pork or lean bacon placed on top of the fish will add richness and flavour. You could wrap fish to be boiled in cheese cloth to facilitate handling.

Lack of colour, flavour and richness in fish can easily be supplied by garnishes and sauces, e.g. lemon, cucumbers, parsley, tartar, tomato or egg sauce.

For tempting recipes write to the Western Division Health League of Canada, 111 Avenue Road, Toronto, Ontario.

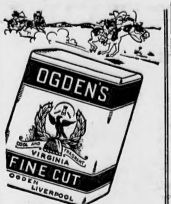
WOMEN'S LAND ARMY

At the end of March 1943, the Women's Land Army of Great Britain numbered more than 56,000 women between 17 and 40. They were employed on farms, in market gardens and in forests. A large number of them were employed as prisoners of war are now employed on British farms.

Buy War Savings Stamps regularly.

THE DAIRY COW

The dairy cow is a highly specialized animal. The nervous, physical, and bodily strain in assimilating large quantities of concentrated food and coarse fodder, together with the strain of manufacture of milk, is so great that special care by proper methods of feeding and management is necessary to maintain the cow in robust health.



Roll your owners! Go for Ogdens!

The Pony Express, in the old days, of the West, carried essential messages... Here is one for you for complete smoking satisfaction follow the example of the oldtimers and go for Ogdens—a distinctive blend of choice, ripe tobaccos.



Canadian Corn Needed

Situation Is One Of Utmost Urgency To Starch Industry

In an interview with Mr. G. F. Benson Jr., President of the Canada Starch Company Limited, discussing a recent dispatch from Ottawa which said that in view of the fact that deliveries of corn had not been maintained by the Canadian farmers, supply stocks were dwindling rapidly, he stated that the situation with regard to corn supply is one of the utmost urgency to the starch industry.

The industry produces many essential foods and also special starches and adhesives used in the manufacture of war material. The Canadian Government is now permitting the importation of corn from the United States, and realizing the imperative need for this grain in vital war industries is providing subsidies for this purpose.

Mr. Benson said that the Starch Industry for some years has been encouraging Canadian farmers to grow more hybrid corn. He indicated the Canadian price ceiling was extremely fair and even high in comparison with other grains. He urged the Canadian farmer to make deliveries regularly of reasonable quantities of corn in order that they may retain the Canadian market.

NEW INDUSTRY FOR INDIA

British experts have been sent to India to establish a first line machine tool industry in that country for the threefold purpose of increasing India's contribution towards the war effort, the saving of valuable shipping space, and the establishment of a machine tool industry for peacetime India.

The game of football was originated by the Romans.

Canadians Make Friends In Sicily



German propagandists would have liked to have been able to tell the world that Allied treatment of Sicilian civilians was that of a swaggering conqueror. But such scenes as this completely shatter Axis hopes of a propaganda victory. Here, Cpl. H. H. Whitaker, of the Royal Canadian Regiment of Winnipeg, gives candy and biscuits to a Sicilian boy.

GLEICHEN, ALBERTA

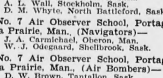
WINGS PARADE



LIST OF GRADUATES

The following students graduated under the British Commonwealth Air Training Plan from:

- No. 7 Bombing and Gunnery School, Paulson, Man., (Wireless Air Gunners)—J. A. Sabin, Tyndall, Man.
- No. 5 Bombing and Gunnery School, Dufur, Sask. (Wireless Air Gunners)—J. D. Best, Dunlop, Sask.
- No. 10 Service Flying Training School, Dauphin, Man. (Pilots)—D. P. Hanford, Canmore, Alta.
- No. 7 Air Observer School, Portage la Prairie, Man. (Air Bombers)—D. W. Brown, Winnipeg, Sask.
- No. 12 Service Flying Training School, Brandon, Man. (Pilots)—G. B. Baker, Metroland, Sask.
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Sunflower Harvest

Expected That Crop Will Be Quite Heavy This Year

Nearly 20,000,000 pounds of sunflower and rape seed—rich sources of vital vegetable oils—may be harvested in Canada this year, it was indicated.

Two years ago these crops were practically unknown. Their development results from the shortage of vegetable oils in North America following the loss of normal sources of supply due to war in the Pacific area.

The Dominion Bureau of statistics said that about 1,000 growers planted sunflower seed in western Canada, while some 366 in the prairie provinces, Ontario and Quebec planted rape seed.

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TAKE OUR TIP FOR BREAKFAST JOY



SO CRISP THEY C-R-A-C-K-L-E IN CREAM!

Life Rafts

Canadian Lifesaving Equipment Has Attracted Attention Abroad

Li-Onair, C. P. Harding of the Royal Canadian Navy told a service club in Toronto that Canadian development of raft lifesaving equipment has been so successful the British admiralty and authorities of the United States, Australia, New Zealand and South Africa have sought Canadian specifications.

"You can sink a lifeboat but not a raft," he said. "Sailors now prefer rafts to lifeboats and on many vessels wood and steel lifeboats are being abandoned in favor of rafts developed by Canadians."

SMILE AWHILE

Mrs. Modern (calling to husband upstairs)—Will you bring down my hat, dear?

Husband—Well, I don't know the difference between your hat and your handbag. Which is which?

Mrs. Modern—The one without any money in my hat, darling.

GEMS OF THOUGHT

SERVING, NOT RULING

The effort made for the happiness of others lifts us above ourselves.—L. M. Child.

The happiness of love is in action; its test is what one is willing to do for others.—Lewis Wallace.

If you love and serve men, you cannot by hiding or stratagem, escape the remuneration.—Emerson.

The standard by which all are finally judged is not wealth, education or fame, but service.—Charles L. Wagner.

Let us serve instead of rule, knock instead of push at the door of human hearts and allow no one to shut out one the same rights and privileges that we claim for ourselves.—Mary Baker Eddy.

The most acceptable service of God is doing good to man.—Benjamin Franklin.

Christmas Trees

Government Warns Of An Impending Shortage This Year

The government in a statement warned of an impending shortage of Christmas trees.

The statement warned cutters, dealers, shippers and retailers they will be handicapped by shortage of railway equipment, by the need of employing all available manpower in essential industries, by the restrictions on the use of trucks, and by the acute shortage of the type of twine used for binding trees in bunches for shipment.

Jackrabbits have been known to jump a seven-foot fence.

ATTACK FOOD WASTE!

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